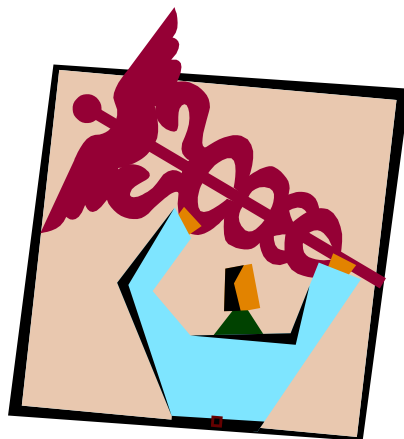


CONSUMER HEALTH INFORMATION

FOR CALIFORNIA



MODULE II: PRINT BASED CONSUMER HEALTH RESOURCES

OVERVIEW

Goals:

1. Participants will have a better understanding of the type of consumer health questions that can be answered using the books included in the ***CORE Consumer Health Bibliography for Public Libraries***.
2. Participants will understand the following key points needed to provide users with appropriate, print-based, consumer health material:
 - the value of using a book's index
 - importance of currency and reliability of information
 - existence of varying consumer terminology and medical terminology
 - use of one source as a starting point to find additional information
 - similarity of resources in series
 - differences in the readability of material
 - use of bi-lingual medical dictionaries when dealing with non-English speakers
3. Participants will learn strategies and techniques to maximize the use of the following print resources:
 - *Medical Advisor: The Complete Guide to Alternative and Conventional Treatment*, 2000.
 - *Everything You Need to Know About Drugs*, 1997.
 - *PDR for Herbal Medicines*, 2000.
 - *Handbook of Non-prescription Drugs*, 2000.
 - *USP DI 1999: Advice for the Patient: Drug Information in Lay Language*, 2000.
 - *Mayo Clinic Family Health Book*, 1996.
 - *Merck Manual of Diagnosis and Therapy*, 2000.
 - *Harrison's Principles of Internal Medicine*, 2001.
 - *Current Medical Diagnosis and Treatment*, 2001.
 - *Griffith's Instructions for Patients*, 1998.
 - *A Manual of Laboratory and Diagnostic Tests*, 2000.
 - *Dictionary of Medical Syndromes*, 1997.
 - *Dorland's Illustrated Medical Dictionary*, 2000.
 - *Melloni's Illustrated Dictionary of Medical Abbreviations*, 1998.
 - *Dial 800 for Health*, 1997.
 - *1999 Social Service Resource Directory for Riverside County*, 1999.

TIME:

3 hours of class time, plus registration.

AUDIENCE:

- Any library staff with no formal library training.
- Any staff that would benefit by a review of basic sources and techniques used in medical reference.
- Volunteers.

AUDIENCE SIZE:

The ideal size is between 6 and 12. The size is limited by the number of copies of tools available for practice and the need for the participants to work at tables or computers.

ITEMS REQUIRED:

- Workshop packet for each participant. (Which includes the *Core Consumer Health Bibliography for Public Libraries*)
- Exercise answer sheets, distributed after the answers are reviewed in class.
- Markers for participant name plates. Washable, water based markers suggested. Avoid yellow, which does not show up well across the room.
- A ratio of no less than 1 book to 3 participants, for each book used in this module.

ORGANIZATION OF THE MANUAL:

The Manual presents the basic outline of the workshop. In some sections text of the lectures is included, but you do not need to follow the text as given as long as the same points are covered.

Pages from the participants' manual are included where they fall in the presentation.

PREPARATION:

The manual contains answer keys for each exercise. You should work through each set of questions before the workshop to familiarize yourself with the exercises.

TIPS ON TEACHING THE CONSUMER HEALTH INFORMATION FOR CALIFORNIA WORKSHOP

- *Participants will rarely have the same level of experience and familiarity with the consumer health resources covered in this module. Emphasize that some of the techniques presented will be new to some and not to others, but that there will be some new material for everyone.*
- *Ask participants in advance to bring copies of the reference books, that their library already owns, with them to the workshop.*
- *Make sure to work all the exercises yourself before you teach the module for the first time.*
- *If the room where you'll be teaching doesn't have a chalk board or white board, bring a paper flip chart that you can write on.*
- *Emphasize the need to write down the name and the page number of the book where the answers are found.*
- *Recommend that the individuals within the small groups formed to complete the exercises at the end of each topic, work on different questions of the same exercise. The individuals can then share what they found with the others in their small group. If this is not done, there may not be enough time to complete all the questions in each exercise.*

CLASS SCHEDULE

REGISTRATION
INTRODUCTION
Drug Information: Prescription and Over the Counter <ul style="list-style-type: none">❑ <i>USP DI 1999: Advice for the Patient: Drug Information in Lay Language</i>❑ <i>Everything You Need to Know About Drugs</i>❑ <i>Handbook of Nonprescription Drugs</i>
BREAK
Natural Medicines <ul style="list-style-type: none">❑ <i>Medical Advisor: The Complete Guide to Alternative and Conventional Treatment</i>❑ <i>PDR for Herbal Medicines</i>
BREAK
Diseases and Conditions I <ul style="list-style-type: none">❑ <i>Merck Manual of Diagnosis and Therapy</i>❑ <i>Current Medical Diagnosis & Treatment</i>❑ <i>Dictionary of Medical Syndromes</i>❑ <i>Mayo Clinic Family Health Book</i>
BREAK
Diseases and Conditions II <ul style="list-style-type: none">❑ <i>Griffith's Instructions for Patients</i>❑ <i>Harrison's Principles of Internal Medicine</i>❑ <i>A Manual of Laboratory and Diagnostic Tests</i>
BREAK
Dictionaries and Directories <ul style="list-style-type: none">❑ <i>Dorland's Illustrated Medical Dictionary</i>❑ <i>Melloni's Illustrated Dictionary of Medical Abbreviations</i>❑ <i>Dial 800 for Health</i>❑ <i>1999 Social Service Resource Directory for Riverside County</i>

INTRODUCTION & WELCOME

Introduce yourself

- Name Cards

Ask the group to take the name cards out of their packets

Participants should fold the card in half. On the side facing the teacher, they should write the name they would like to be called during the workshop.

TIP: For small groups or groups where participants don't know each other, ask the group to introduce themselves aloud including the name of the library they are from.

- Local arrangements announcements as needed:
 - *Parking*
 - *Rest rooms*
 - *Coffee and refreshments*
 - *Other*

TIP: If your style permits, invite people to move about as needed during the day to get coffee, etc.

- Roster & workshop packet

Ask the class if everyone has a packet and has signed the ROSTER.

Remind participants to print clearly.

- Overview of the day:

In this second module on consumer health information, we'll be looking at print resources. All the print resources used in the module appear on the ***Core Consumer Health Bibliography for Public Libraries***. All of the books used in this class, except three, will be placed in all five of the Riverside City Libraries. The following exceptions will not be placed in Marcy and Casa Blanca:

- *USP DI 1999: Advice for the Patient: Drug Information in Lay Language*
- *Harrison's Principles of Internal Medicine*
- *Melloni's Illustrated Dictionary of Medical*

TIP: Explain to the class how to use the list to see if a particular book will be in their library.

Central will get all items on the list.

* = Arlington and Marcy also get the item

** = Arlington, Marcy, La Sierra and Casa Blanca also get the item

The class is divided into five sections with 5-minute breaks between each section, as you can see from the class schedule in your packets. At the close of each section, we'll work on the practice exercises in groups of about three and then we'll review the answers together.

- Please feel free to ask questions as we go along.

Does anyone have any questions so far? (*wait 10 seconds before you go on*)

Lets get started!

Drug Information:

Prescription and Over the Counter

Drug information can be a challenging topic for consumer health questions.

In this first section on drugs, we're going to be using three drug information books that will answer a majority of consumer health information questions on drugs.

- ❑ *USP DI 1999: Advice for the Patient: Drug Information in Lay Language*
- ❑ *Everything You Need to Know About Drugs*
- ❑ *Handbook of Nonprescription Drugs*

But before we spend time with the books, we're going to cover how drugs are named and why it's helpful to know this. Then to close this section, we'll work in groups of about three to complete the practice exercises; we'll review the answers together.

Drug Names:

As a drug goes from laboratory testing to consumer production, a process which can take approximately 12 years, it is given up to eight different names. These include chemical names, laboratory codes, CAS registry numbers, generic names and brand names. Fortunately, when you're dealing with consumer health questions, patrons will most likely be using one of two names, a generic name, or a brand name.

TIP: Patrons generally do not know if they have the generic name or the brand name of a drug.

Generic Name vs. Brand Name:

A generic name is the name used for a drug, regardless of which company makes it.

A brand name is the name used for a drug made by a particular company.

You can often guess if a drug name is a generic name or a brand name just by how it is spelled and sounds. Generic names are harder to spell and pronounce than brand names. While printed brand names are capitalized, generic names are usually not.

Because of the different names used to refer to drugs, it's important to always use the index when you're using drug books. If you go directly to the alphabetically arranged drug entries, called monographs in drug books, you may not find the drug you need.

These three books all have indexes that integrate generic names and brand names.

(Put this table on the chalk board or writing tablet for class to see. Use it with your explanation of Generic and Brand name drugs.)

Generic Name		Brand Name
Methylphenidate	=	Ritalin
Acetaminophen	=	Tylenol Extra Strength Tablets, Valorin Extra, Panadol Maximum Strength Tablets

Not all drug books have combined indexes.

Ask the class to:

- 1) pull out the handout for this section
- 2) divide themselves into small groups of two to three people
- 3) get the books for this section (Some groups may have to share books.)

Briefly review the content and best uses for the books, as covered by the handout, and allow the groups to complete the corresponding exercises. Remind the class to ALWAYS use the book's index! Give the class at least 10 minutes to work on the exercises. Take ten minutes to review the answers. Each encyclopedia-like entry in a drug book is called a monograph.

Drug Information: Prescription and Over the Counter

USP DI: Advice for the Patient:

This book is the most comprehensive resource, targeted to health consumers, for prescription and over the counter drugs available. It's compiled by the U.S. Pharmacopeia, the organization that sets the official standards of strength, quality, purity, packaging and labeling for medical products in the United States. This book is best used for finding information relating to a specific prescription or over the counter drug. Although targeted to health consumers, at times the book can be difficult to use and understand.

- *The index is at the front of the book. It integrates generic names and brand names. Brand names are in italics. Page numbers starting with the letters "MC" refer to the color picture section.*
- *The generic name is used to alphabetize the monographs, the brand name(s) are listed below.*
- *Appendix includes a list of poison control centers.*
- *Appendix includes drugs that have specific precautions when used during pregnancy.*

TIP: *USP DI: Advice for the Patient* at times groups together many similar over the counter drugs under one entry, making the entry difficult to understand. If this is the case, try using *Everything You Need to Know About Drugs*.

Everything You Need to Know About Drugs:

This easy to use book is designed for health consumers. Although it is not a comprehensive drug resource book, it contains information on over 3,000 commonly used prescription and over the counter drugs.

- *The Index is at the back of the book. It integrates generic names and brand names.*

- *Brand names are used to alphabetize the monographs, the generic name(s) are listed below.*
- *Medical terminology is rarely used.*
- *Includes supplemental information on wellness, including a chapter on how to properly take different types of medication.*

Handbook of Nonprescription Drugs:

This book is produced by the American Pharmaceutical Association. It only includes over the counter medications. Although the target audience for this book is pharmacists, it is helpful for questions about using over the counter medications, and what over the counter medications are available for managing particular concerns. It is not designed to give complete information about the use and precautions associated with a particular drug.

- *Index integrates generic names and brand names, as well as specific conditions that over the counter drugs treat.*
- *Divided into chapters representing products that are used for similar purposes.*
- *Many products are covered, including sleep aid products, contact lens products, oral health products.*
- *References to medical literature are at the end of chapters.*
- *Uses generic names, not brand names, in the text.*

TIP: Table of contents is often more helpful than the index when you want information on a general type of product.

Exercise Questions:

1. USP DI 1999: Advice for the Patient
2. Handbook of Nonprescription Drugs
3. Everything You Need to Know about Drugs

Answer the questions, including the name and page number of the book from where you found the answer.

1. Is Zyban a prescription medication? _____

What is another brand name for Zyban? _____

What color is the 150mg Zyban tablet? _____

2. Where is the Poison Control Center serving central California? _____

3. Is an over the counter medication available to treat male patterned baldness? _____

What is the brand name of this product? _____

4. Why do doctors prescribe Procardia? _____

5. Is sunscreen safe for children under 6 months? _____

Exercise Answers:

1. USP DI 1999: Advice for the Patient
2. Handbook of Nonprescription Drugs
3. Everything You Need to Know about Drugs

Answer the questions, including the name and page number of the book from where you found the answer.

1. Is Zyban a prescription medication? [Yes/1]

What is another brand name for Zyban? [Wellbutrin/1]

What color is the 150mg Zyban tablet? [pink/1]

2. Where is the Poison Control Center serving central California? [Fresno/1 or 2]
3. Is an over the counter medication available to treat male patterned baldness? [Yes/2 or 3]

What is the brand name of this product? [Rogaine/1]

4. Why do doctors prescribe Procardia? [Doctors prescribe Procardia for chest pain or high blood pressure/3] (1 talks about Procardia generally with other types of calcium channel blockers, but it does not clearly identify Procardia as being prescribed for chest and high blood pressure.)
5. Is sunscreen safe for children under 6 months? [Children under 6 months should be seen by a doctor regarding the use of sunscreen/2]

Natural Medicines

More and more people are using natural medicines. Since natural medicines are not regulated by the FDA, but are easy to purchase, providing clinically-based factual information about their use is important.

The two books we're going to be looking at in this section are great resources for answering consumer health questions like, "Has this herb been clinically proven effective for headaches?" and "What are the dangers associated with this homeopathic ointment?" The books will help your patrons find factual information about the use of natural medicines.

- ❑ *The PDR for Herbal Medicines*
- ❑ *Medical Advisor: The Complete Guide to Alternative and Conventional Treatment*

Ask the class to:

- 1) pull out the handout for this section
- 2) divide themselves into small groups of two to three people
- 3) get the books for this section (Some groups may have to share books.)

Briefly review the content and best uses for the books, as covered by the handout, and allow the groups to complete the corresponding exercises. Remind the class to **ALWAYS** use the book's index! Give the class at least 10 minutes to work on the exercises. Take ten minutes to review the answers.

Natural Medicines

The PDR for Herbal Medicines:

This is a relatively new book, first published in 1998, and is one of the most comprehensive and authoritative books available on herbal medicines. The book has individual entries for approximately 600 of the more commonly used herbs in the United States. ***The PDR for Herbal Medicines*** only reports on the facts available in the literature concerning the use of herbs. It is not advocating or endorsing their use.

- *Monographs are arranged alphabetically by the herb or plant's scientific name, not the common name.*
- *There are several indexes at the front of this book; make sure you are using the one you need.*
- *The Scientific and Common Name Index is used when you want to look up a plant or herb. When two page numbers are given, the second page points you to a photograph of the plant.*
- *The Indications Index lets you look up an indication, like tooth pain, and directs you to herbs which have been reported to treat it. The herbs in standard type, those which are not italicized, have been "deemed effective" by the German Regulatory Authority's, E-Commission. The conclusions of the E-Commission "represent the best expert consensus on medicinal herbs currently to be found."*

Medical Advisor: The Complete Guide to Alternative and Conventional Treatment

This book, published by Time-Life, is designed to inform consumers of the treatment options, conventional and alternative, available to them regarding particular health problems. It is very easy to use, and gives a balanced perspective on the issue.

- *Comprehensive index is at the back of the book.*
- *Provides cautionary statements and in many cases advises you to consult a doctor before trying an alternative therapy.*

- *Ailments and Options is the main section of the book; it addresses particular health concerns. The entries give conventional and alternative treatment options, which often include natural medicines.*

TIP: The index on page 81 is not the index to health concerns addressed in Ailments and Options. It is an index to symptom charts within the section. See page 84 for an example of a symptom chart.

Exercise Questions:

1. PDR for Herbal Medicine
2. Medical Advisor

Answer the questions, including the name and page number of the book from where you found the answer.

1. For sore throats, what homemade gargles can be used to relieve the pain?

2. Find a thorough listing of research articles on the medicinal use of Kava-Kava.

3. Has Echinacea been approved by the E-Commission for treating fever associated with the common cold? _____

4. Is high-blood pressure a contraindication for the use of Ma-Huang? _____

Exercise Answers:

1. PDR for Herbal Medicine
2. Medical Advisor

Answer the questions, including the name and page number of the book from where you found the answer.

1. For sore throats, what homemade gargles can be used to relieve the pain? [salt water, sage, chamomile, apple cider vinegar, lemon, horse radish, raspberry, cayenne pepper, aspirin, hydrogen peroxide/2]
2. Find a thorough listing of research articles on the medicinal use of Kava-Kava. [PDR for Herbal Medicine/1]
3. Has Echinacea been approved by the E-Commission for treating fever associated with common cold? [Yes/1]
4. Is high-blood pressure a contraindication for the use of Ma-Huang? [Yes/1 or 2]

Diseases and Conditions I

Consumer health questions often deal with specific diseases and conditions. The books in this section are typically the first resources used when a user has a question about a disease or condition that they know little about.

You'll find that many commonly asked questions about disease and conditions can be answered from these four books:

- ❑ *Current Medical Diagnosis & Treatment*
- ❑ *Merck Manual of Diagnosis and Therapy*
- ❑ *Dictionary of Medical Syndromes*
- ❑ *Mayo Clinic Family Health Book*

These books all address diseases from a similar perspective by addressing these issues:

- Etiology of the condition (*how one gets the condition, word learned in the medical terminology section of Module I*)
- Signs and symptoms of the condition (*clues which indicate an individual may have the condition*)
- Diagnosis of the condition (*determining if one has the condition*)
- Treatment of the condition (*how the condition is treated*)
- Prognosis of the condition (*the long term outcome of the condition*)

Ask the class to:

- 1) pull out the handout for this section
- 2) divide themselves into small groups of two to three people
- 3) get the books for this section (Some groups may have to share books.)

Briefly review the content and best uses for the books, as covered by the handout, and allow the groups to complete the corresponding exercises. Remind the class to **ALWAYS** use the book's index! Give the class at least 10 minutes to work on the exercises. Take ten minutes to review the answers.

Diseases and Conditions I

Current Medical Diagnosis & Treatment:

The target audience for this book is health professionals, including medical students, practicing physicians and nurses. But, it is still one of the best resources of consumer health questions on diseases and conditions. It does a great job of giving straight forward answers to questions patrons want to know. This book has new edition every year, making it a very up-to-date resource.

- Index is at the back of the book. The page numbers in bold indicate a major discussion on that topic.
- Book arranges the entries on particular diseases and conditions by body system.
- Refers to drugs using their generic names.
- Uses medical terminology.
- References are often given at the end of an entry. At times, web-sites are included.

TIP: This book is one in the series of, “*CURRENT Clinical References*” by LANGE Medical Books. *Current Pediatric Diagnosis & Treatment*, *Current Surgical Diagnosis & Treatment*, and *Current Obstetric and Gynecologic Diagnosis & Treatment* are other books on the *Core Consumer Health Bibliography for Public Libraries*, that are from this series. You will want to refer to the most specific book in the series that applies.

The Merck Manual:

The Merck Manual has been around since 1899. It has a strong reputation and is subject to an extremely thorough review process. It is targeted to health professionals, and its contents are arranged by body system. It also refers to drugs using their generic names. New editions of *The Merck Manual* only come out about every 5 to 7 years. A Spanish edition of this book is in the *Core Consumer Health Bibliography for Public Libraries*.

- Index at the back of the book.
- Arranges the entries on particular diseases and conditions by body system.
- Includes a short description of the disease or condition at the top of the entry.
- Refers to drugs using their generic names.
- Uses medical terminology.
- Includes a glossary at the beginning , which is useful in deciphering the meaning of the medical abbreviations and symbols in the text.

TIP: Although *Current Medical Diagnosis & Treatment* and *The Merck Manual* are similar resources, one may have information the other does not. When possible, it is a good idea to give both resources to patrons, along with a medical dictionary.

Dictionary of Medical Syndromes:

Syndromes are a type of disease. When asked a question about a syndrome one of the best initial resources to use is the *Dictionary of Medical Syndromes*. Since there are so many syndromes, books like *Current Medical Diagnosis & Treatment* and *The Merck Manual* are not able to include them all.

- The index is located at the back of the book.
- The entries are arranged alphabetically by syndrome, but make sure to use the index. Syndromes are notorious for having more than one name.
- Uses medical terminology.
- Medical references are included at the end of each entry, including the first time the syndrome was identified in the literature.

TIP: If you can't find a particular disease in *Current Medical Diagnosis & Treatment* or *The Merck Manual*, try using the *Dictionary of Medical Syndromes*. The disease you are looking for might be a syndrome.

Mayo Clinic Family Health Book:

This book is a great family health book. It covers growth and development, how to stay healthy, first aid and diseases. In addition to covering conditions and diseases, it covers many practical health issues.

- Index at the back of the book.
- Addresses diseases and conditions from a health consumer's perspective.
- Covers many practical health issues outside the bounds of disease and conditions.
- Contains an atlas of the human body.
- Is well illustrated.

Exercise Questions:

1. Current Medical Diagnosis and Treatment
2. Merck Manual of Diagnosis and Therapy
3. Dictionary of Medical Syndromes
4. Mayo Clinic Family Health Book

Answer the questions, including the name and page number of the book from where you found the answer.

1. What are the two major complications associated with Dysthyroid Eye Disease? _____

2. Find a one-sentence description of Lyme Disease. _____
3. What is the prognosis of Palatal Nystagmus Syndrome? _____

4. Find a diagram of proper tooth-brushing techniques. _____
5. Find an article in medical literature on Whipworm. _____

Exercise Answers:

1. Current Medical Diagnosis and Treatment
2. Merck Manual of Diagnosis and Therapy
3. Dictionary of Medical Syndromes
4. Mayo Clinic Family Health Book

Answer the questions, including the name and page number of the book from where you found the answer.

1. What are the two major complications associated with Dysthyroid Eye Disease? [corneal exposure, optic nerve compression/1]
2. Find a one-sentence description of Lyme Disease. [A tick-transmitted, spirochetal, inflammatory disorder causing a rash that may be followed weeks to months later by neurologic, cardiac or joint abnormalities./2]
3. What is the prognosis of Palatal Nystagmus Syndrome? ["Depends on nature and extension of lesion."/3/]
4. Find a diagram of proper tooth-brushing techniques. [4]
5. Find an article in medical literature on Whipworm. [Callender JE et al: Treatment effects in Trichuris dysentery syndrome. Acta Paediatr. 1994;83:1182/1]

Diseases and Conditions II

In Diseases and Conditions I, we looked at books that answer common initial questions patrons have about particular illnesses. In this second section, Diseases and Conditions II, we'll be looking books that compliment the books we learned about Diseases and Conditions I.

- ❑ *Griffith's Instructions for Patients*
- ❑ *Harrison's Principles of Internal Medicine*
- ❑ *A Manual of Laboratory and Diagnostic Tests*

Ask the class to:

- 1) pull out the handout for this section
- 2) divide themselves into small groups of two to three people
- 3) get the books for this section (Some groups may have to share books.)

Briefly review the content and best uses for the books, as covered by the handout, and allow the groups to complete the corresponding exercises. Remind the class to ALWAYS use the book's index! Give the class at least 10 minutes to work on the exercises. Take ten minutes to review the answers.

Diseases and Conditions II

Griffith's Instructions for Patients:

Is designed for physicians who want to provide their patients with instructional handouts on a particular condition or disease. The book is intended to be photocopied. It is written in black text on white pages. A Spanish edition of this book is in the *Core Consumer Health Bibliography for Public Libraries*.

- The index at the back of the book includes medical and layperson terms for particular diseases and conditions.
- Entries arranged alphabetically using layperson terminology.
- Includes a section on special diets.
- Appendix includes common self-exams, exercises and healthful living tips.

TIP: Remember to mention that the information in *Griffith's Instructions for Patients* is standardized, and it cannot take into account one's personal medical history like one's personal physician.

Harrison's Principles of Internal Medicine:

This book is a medical textbook for internal medicine. Internal medicine focuses on the diagnosis and treatment of diseases of internal organs in adults.

- Index is at the back of the book.
- Uses medical terminology.
- Provides information on the disease process, of particular diseases and conditions, within the body.
- Good illustrations of how a disease invades the body and/or how a particular disease is managed through treatment.

TIP: If you can't find an entire book on a particular disease, reach for *Harrison's Principles of Internal Medicine*. Use the book's index to see which chapter the disease falls under. Then, look for a book on the chapter the disease falls under, instead of a book on the disease itself.

A Manual of Laboratory and Diagnostic Tests:

This book gives information on laboratory and diagnostic tests used to diagnose diseases and conditions. This includes tests that use blood or urine, ultrasound, and many types of x-rays. Each chapter listed in the table of contents focuses on a particular type of testing.

- Index is at the back of the book.
- Uses medical terminology.
- Gives normal test values.
- Gives factors contributing to incorrect results.
- Explains how a test is performed.
- Explains why a test is performed.

TIP: If you can't find the test you're looking for in the index, start getting creative. Make sure you've tried the following:

- looking up possible variations of the test's name in the index
- looking up the disease or condition the test is used for within the index
- looking up the particular factor/s the test will be measuring in the index
- going to the beginning of the chapter on the type of test being conducted, and browse the chapter contents for a clue

Exercise Questions:

1. Griffith's Instructions for Patients
2. Harrison's Principles of Internal Medicine
3. A Manual of Laboratory and Diagnostic Tests

Answer the questions, including the name and page number of the book from where you found the answer.

1. What condition can the glucose tolerance test support or rule out? _____

2. Your library doesn't have a book on hyperparathyroidism. What would be another subject to look under? _____
What book on the *Core Consumer Health Bibliography for Public Libraries*, not covered in this workshop, would include additional information on this topic? _____
3. Locate patient instructions on Acute Pyelonephritis. _____
What term is a library patron likely to use when asking about Acute Pyelonephritis? _____
4. How long can barbiturates be detected in the urine after initial ingestion? _____

Exercise Answers:

1. Griffith's Instructions for Patients
2. Harrison's Principles of Internal Medicine
3. A Manual of Laboratory and Diagnostic Tests

Answer the questions, including the name and page number of the book from where you found the answer.

1. What condition can the glucose tolerance test support or rule out? [diabetes mellitus/3]
2. Your library doesn't have a book on hyperparathyroidism. What would be another subject to look under? [Endocrinology and metabolism disorders/2]
What book on the *Core Consumer Health Bibliography for Public Libraries*, not covered in this workshop, would include additional information on this topic? [Endocrine and Metabolic Disorders Sourcebook]
3. Locate patient instructions on Acute Pyelonephritis. [1]
What term is a library patron likely to use when asking about Acute Pyelonephritis? [Acute Kidney Infection/1]
4. How long can barbiturates be detected in the urine after initial ingestion? [24 hrs to 7 days/3]

Dictionaries and Directories

There are several types of dictionaries on the *Core Consumer Health Bibliography for Public Libraries*. We're only going to look at two of them in class, but it's important to know that Spanish, Vietnamese and Chinese language western medical dictionaries are also on the list. Depending on which library you are working in, you may have some or all three of them in your collection. Since most of the books on the *Core Consumer Health Bibliography for Public Libraries* are in English, these dictionaries can help when a book is not available in a patron's native tongue.

The dictionaries we're going to look at in this last section are:

- ❑ *Dorland's Illustrated Medical Dictionary* (This book was covered in Module I. It is presented here for review.)
- ❑ *Melloni's Illustrated Dictionary of Medical Abbreviations*

The directories we're going to look at are:

- ❑ *Dial 800 for Health*
- ❑ *1999 Social Service Resource Directory for Riverside County*

Ask the class to:

- 1) pull out the handout for this section
- 2) divide themselves into small groups of two to three people
- 3) get the books for this section (Some groups may have to share books.)

Briefly review the content and best uses for the books, as covered by the handout, and allow the groups to complete the corresponding exercises. Remind the class to ALWAYS use the book's index! Give the class at least 10 minutes to work on the exercises. Take ten minutes to review the answers.

Dictionaries and Directories

Dorland's Illustrated Medical Dictionary:

An excellent illustrated medical dictionary with an outstanding reputation within the medical community. New editions are issued approximately every 3 to 4 years.

- Look up the root word, when the exact word you need is not listed. The exact word you are looking for maybe listed as a sub-entry under its root.
- Includes medical suffixes and prefixes.
- Includes an index to plates.
- Includes an index to tables.

TIP: Human Body: An Illustrated Guide to Its Structure, Function and Disorders, a book on the Core Consumer Health Bibliography for Public Libraries is a more complete source for anatomy diagrams than the plates in Dorland's Illustrated Medical Dictionary.

Melloni's Illustrated Dictionary of Medical Abbreviations:

The abbreviations assembled in this book are taken from sources such as *Harrison's Principles of Internal Medicine* and the *New England Journal of Medicine*. Use this book when you find an undefined medical abbreviation.

- Abbreviations are arranged alphabetically.
- Includes only what an abbreviation stands for, not the definition of the abbreviation.
- Abbreviations may represent multiple words or terms.

TIP: When more than one medical term is given an abbreviation, use Dorland's Illustrated Medical Dictionary to help you decide which term is appropriate for your situation.

Dial 800 for Health:

This is a great book to use when patrons are looking for health information for themselves or loved ones. It is very easy to use.

- Table of contents lists the categories of health topics addressed.
- The index lists specific conditions and refers you to the health category.
- Includes over 400 toll-free phone numbers to organizations, agencies and clearinghouses that provide health information to consumers.
- Most groups listed are non-profits.
- Most groups provide information at no charge.

1999 Social Service Resource Directory for Riverside County:

This book is published every other year. It lists local, non-profit groups that provide assistance services for no cost or low costs.

- Index is at the beginning of the book.
- Index only includes the names of organizations included in the book, not the issues they deal with.
- The book is divided into 61 topical chapters.
- The first page of most chapters contains general information on the chapter's topic.

Exercise Questions:

1. Dorland's Illustrated Medical Dictionary
2. Melloni's Illustrated Dictionary of Medical Abbreviations
3. Dial 800 for Health
4. 1999 Social Service Resource Directory for Riverside County

Answer the questions, including the name and page number of the book from where you found the answer.

1. Find a toll-free number for an association that provides comfort and support specifically to family and friends of murder victims.

2. What word does the abbreviation, "Gy" stand for? _____

What does the word mean? _____

3. Find an association that can help the parents of a child with a rare birth defect.

Exercise Answers:

1. Dorland's Illustrated Medical Dictionary
2. Melloni's Illustrated Dictionary of Medical Abbreviations
3. Dial 800 for Health
4. 1999 Social Service Resource Directory for Riverside County

Answer the questions, including the name and page number of the book from where you found the answer.

1. Find a local association that provides comfort and support specifically to family and friends of murder victims. [Family/Friends of Murder Victims/4]

2. What word does the abbreviation, "Gy" stand for? [gray/2]

What does the word mean? [a unit of absorbed radiation dose equal to 100 rads/1]

3. Find a toll-free number for an association that can help the parents of a child with a rare birth defect. [Association of Birth Defect Children/3]